

Application No.: 10/ 646,914

Amend. Dated April 3, 2004

**Amendments to specifications:**

In this manner, while holding the handles of the stretching device from the back, different exercises are performed by stretching the arms and moving them in up and down movements (FIGS: 16, 17). The connecting point of the stretching device to the headband acts as a fulcrum and transfers the tension generated from stretch action to the neck, thus, simultaneously activating all muscle groups in the arms, shoulders, upper chest, upper back, neck and throat areas.

In order to perform rotational movement to the neck the connecting ring should be located on the forehead (FIG. 19), and it should be connected to the modified stretching device (FIG.18). Pulling the modified stretching device with right or left hand gives the neck a rotational motion and turns the head in those directions.

3.

Please include new Figures, 18 and 19, on page 4, at the end of BRIEF DESCRIPTION OF DRAWINGS:

FIG. 18 is a schematic drawing of the modified stretching device, a component of the muscle toner, FIG. 1

FIG. 19 is a schematic drawing of connection of modified stretching device (FIG. 18) to headband (FIG. 1)

4.

Please add two new paragraphs (as second and third paragraphs) on page 6:

Muscle toner is a unique and effective device that gives rotational movement to the neck. Rotational motion of the neck is crucial to restore its normal function. To perform such

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exercise the modified stretching device, (FIG. 18), should be connected to the connecting ring that is positioned on the forehead (FIG.19).

This particular feature of muscle toner enables the patient to apply a controlled force to his/ her neck muscles and turn the head toward the right or the left side. The movement activates all lateral muscles of the neck and sterno- cleido- mastoid muscle in particular.